a Letter from the President

By now you may have heard that after serving 11 years as President/CEO of the Alzheimer’s Association, Georgia Chapter, I have chosen to retire from my position effective Dec. 31st. This was not an easy decision, but in my heart I know it is the right decision — both for me and for the Georgia Chapter.

Through the past 11 years, the Georgia Chapter has grown from a small, financially fragile organization to one that is now celebrated as one of the premier Alzheimer’s Association chapters in the country. While I’m proud of the fact that I have been able to play a significant role in steering this growth and establishing the standard of excellence for which we have become recognized, I know this growth and success would not have been possible without the support of our communities, our volunteers and our incredibly talented and dedicated chapter staff.

Today the Georgia Chapter is on solid ground. We are a statewide entity with seven regional offices, a staff of 36, a budget of $4.5 million and net assets over $5 million. At the helm of our organization is an extraordinarily dedicated and talented board of governors who work tirelessly to keep us on course to achieve our ultimate vision of a world without Alzheimer’s. Supporting our governors are equally dedicated and talented regional directors who bring our vision and mission to the far corners of this vast state. And supporting all of us are thousands of unsung heroes — volunteers who pass through our doors each and every day to help us lick stamps, stuff envelopes, answer Helpline calls, raise money and educate the public about this devastating disease.

While we have come a long way, our journey is far from over. Over the next 20 years, Georgia and our nation will experience an alarming increase in the incidence of this dreadful disease. While we have a strong army working with us now to help combat the devastation that this disease brings to our families, we will need to build an even stronger army to meet the dramatic onslaught of future needs. This army will need to employ new and innovative strategies to help us achieve our major goals of advancing research, enhancing care and support, increasing awareness and building capacity.

What better time for a change in leadership than when our chapter has reached a crossroads that will transport us into an exciting and expanded direction? My daily prayer for many years has been to have the wisdom and strength to do the right things for the right reasons. I know that this decision is doing the right thing for the right reason for both me and the chapter.

I will never forget this journey of the past 11 years. I want to thank each and every one of you with whom I have had the privilege of working, knowing, laughing and crying. I especially want to thank those caregivers and persons with Alzheimer’s disease who have taught me what real courage, strength and determination are made of. You have enriched my life more than you’ll know. Thank you for the privilege of allowing me to be part of this wonderful organization.

Jan Bequeath
President/CEO
Alzheimer’s Association, Georgia Chapter
Northwest Georgia Woman Named Georgia Volunteer Caregiver of the Year

Annelle Couch of Chatsworth was recently named Georgia Volunteer Caregiver of the Year at an awards banquet for the Rosalynn Carter Institute for Caregiving. Former first lady Rosalynn Carter presented Couch with a gilded rose and a check for $1,000.

For several years, Couch cared for her mother as she suffered from dementia. She attended a support group for caregivers of people with Alzheimer’s disease and other forms of dementia and realized what an important resource this support group was. After her mother’s death, Couch made it her mission to support other caregivers and began leading the support group she once attended, offering advice and a shoulder to lean on. She has continued to lead this group, even when suffering from her own health problems.

Couch works in a nursing home to stay in daily contact with people with Alzheimer’s or dementia. She attends training where possible and has written a newspaper column highlighting caregiver issues.

More than 850,000 family caregivers in Georgia provide billions of dollars of care to family members living with chronic illnesses, disabilities and limitations of aging. They are supported in their work by an army of dedicated volunteer and paraprofessional caregivers. The work of these individuals together makes it possible for Georgians with disabilities and chronic illnesses to live with dignity in the community.

The banquet celebrated the 20th anniversary of the Rosalynn Carter Institute for Caregiving and was held in conjunction with a national summit hosted by the Institute at Georgia Southwestern State University. The Institute was established in 1987 in honor of Carter, an alumna of Georgia Southwestern State University.

House Veto Override Fails In Washington

On November 15, the House of Representatives failed to secure a two-thirds majority vote necessary to override President Bush’s veto of the Labor-HHS-Education appropriations bill. The bill would have appropriated $30 billion for the National Institutes of Health (NIH), reversing years of erosion in the nation’s research investment. Included in this total was a modest $16 million increase for Alzheimer research.

The president and Congress must now finish the job they were elected to do. A new bill will be written, giving both the president and lawmakers another opportunity to take action to stop Alzheimer’s, a disease that has no cure or effective treatment.

Alzheimer advocates will be asked to contact their members of Congress and the White House to remind our elected officials that no matter what happens, it is imperative that the $30 billion be retained for research. Anything else jeopardizes not only next year’s funding but future funding levels, as this figure would become the baseline of operation.

Our leaders must not be allowed to continue this dangerous downward spiral. Instead of fewer and fewer research grants, forfeited clinical trials, research lab layoffs and phasing out of research programs, we must see to it that the president and Congress properly fund the pursuit of effective treatments that yield scientific breakthroughs.

An investment must be made today for tomorrow’s cure.
# Alzheimer-Related Clinical Trials in Georgia:

## Clinical Trials & Research Studies

**Winter 2008**

**Emory Alzheimer’s Disease Research Center**

*Wesley Woods Health Center, 1841 Clifton Rd., Atlanta, GA 30329*

*Grady Neurology Clinic, 80 Jesse Hill Jr. Drive SE, Atlanta, GA 30303*

404-728-6950  [http://med.emory.edu/ADRC/](http://med.emory.edu/ADRC/)

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<th>Research Study</th>
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<td>Vaccine Trials</td>
<td>• Diagnosis of mild to moderate Alzheimer’s disease</td>
<td>Janet Cellar 404-728-6453</td>
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<td>• Age 50 and older</td>
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<td>• Stable on medications for Alzheimer’s for three months</td>
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<td>Neuroimaging study</td>
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<td>Emory ADRC Research Registry</td>
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<td>Longitudinal study of changes in</td>
<td>• People with Mild cognitive impairment or</td>
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<td>• Other forms of dementia</td>
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<td>Lewy Body Disease</td>
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<td>Noah Duncan 404-728-6544</td>
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<td>Cognitive Impairment</td>
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<td>Susan Peterson-Hazan 404-728-6273</td>
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Alzheimer’s Vaccine Trials Begin

Allan Levey, MD, PhD & Janet Cellar, RN, MSN

Vaccines for Alzheimer’s are once again making headlines. This is exciting news for people with Alzheimer’s disease. Vaccines hold hope for both slowing the disease process and potentially preventing the disease.

How do vaccines work?

Vaccines are designed to clear beta amyloid plaques from the brain. Beta amyloid is one of the main neuropathological changes in the brains of people with Alzheimer’s disease. Beta-amyloid build up in the brain occurs early before symptoms begin, causes sticky clumps of protein (senile plaques), interferes with communication between brain cells and is toxic to neurons.

Researchers first tested the vaccine theory in experimental mouse models of Alzheimer’s disease. Exciting results from this research showed that vaccination prevented, and in some cases even reversed, the build up of amyloid deposits in the brains of mice and also improved memory. Of course, people are much more complicated than mice that have been engineered to have Alzheimer’s disease, and the next step was to test a vaccine in humans.

What happened to the first generation of vaccines?

In 2000 the first human trial of an Alzheimer’s vaccine was initiated. Human safety tests found the vaccine was safe. Therefore a large scale international study was initiated. However, in 2002 this study was halted because some of the participants developed brain inflammation (encephalitis). No further vaccinations were given, although study participants continued to be followed. Additional studies of these subjects have suggested the vaccine may be helping slow the disease and remarkably, may even be successful in reducing the amount of amyloid in the brain.

Will new vaccine trials be safe?

The results of the first human trial have encouraged many researchers to continue working toward developing safer and more effective vaccines with fewer side effects. Several new approaches have been developed over the past five years and some of these new vaccines are now entering clinical trials. Each vaccine has to meet certain safety requirements prior to entering human trials.

The informed consent for each study outlines the study goals as well as the potential risks to participants. The study coordinator reviews this document with potential volunteers. During any research study, volunteers are monitored very closely. Any adverse event in a study volunteer is addressed by the clinical staff immediately. In addition they inform their local Institutional Review Board (IRB) as well as the study sponsor who looks for any trends in adverse events.

The Future

We are grateful to past study volunteers for their contribution to all current treatments for Alzheimer’s. They were pioneers. A new generation of volunteers will further advance treatments and help researchers find prevention for Alzheimer’s disease.

To learn about vaccine trials in Georgia contact the Emory ADRC at 404-728-6950 or email speter2@emory.edu.
When a loved one is having trouble managing his or her own business, personal and financial affairs, many caregivers aren’t sure what to do. There are many options for helping a loved one handle their affairs. In the Fall newsletter we discussed one of those options, the living will and power of attorney, which are now combined in the new Georgia Advanced Directive for Health Care. The goal is to educate caregivers and family members, without endorsing one option over another. The option we discuss here is often recommended by agencies on aging as the final option when others won’t work for particular cases; that option is adult guardianship.

Many people are confused about what an Adult Guardian is, when a Guardian is needed, how one becomes a Guardian, who determines if a Guardian should be named and where to go to start the process. This article will provide a brief overview of the Adult Guardianship process while addressing the questions listed above.

An Adult Guardian is an individual who is appointed to make decisions for another adult, called a ward, concerning such issues as where the ward lives and the types of medical treatment the ward should receive. These types of decisions are referred to as decisions about the ward’s person. An Adult Conservator is an individual who is appointed to make decisions for a ward about the ward’s property. The appointment of a Guardian often goes hand in hand with the appointment of a Conservator, but the necessity for either one does not always mean that there is a necessity for both. Furthermore, in cases where both a Guardian and Conservator are appointed, the same individual does not need to be appointed to serve in both capacities.

A Guardianship and/or Conservatorship may become necessary if an individual lacks the capacity to execute legal documents that will allow another individual to handle his or her personal and financial affairs. Typically, a properly executed healthcare directive that appoints an agent to act would alleviate the need for a Guardian. However, if an individual does not have a Health Care Power of Attorney, for example, and no longer has the ability to comprehend the powers he or she would be authorizing by executing the document, then a Guardianship proceeding would be required for a friend or loved one to acquire the legal authority to act on behalf of the incapacitated individual. Likewise, if an individual does not have a properly executed Durable Financial Power of Attorney and becomes incompetent, a Conservatorship proceeding would be required for a friend or loved one to acquire the legal authority to act on behalf of the incapacitated individual regarding his/her finances and property.

There are some circumstances where a Guardianship and/or Conservatorship may be necessary even when an individual has previously executed Powers of Attorney. While Powers of Attorney enable a person called the Principal to name another individual called the Agent to act on their behalf, the Principal retains all rights to continue to act on his or her own behalf. As discussed in further detail below, the appointment of a Guardian and/or Conservator removes certain rights from a ward. In some instances it may be advisable to initiate a Guardianship and/or Conservatorship proceeding even though the ward has

Powers of Attorney, because it is necessary to remove some rights from the ward to ensure physical or financial protection.

To begin the process of obtaining Guardianship and/or Conservatorship, an action is filed in Probate Court. This should be done in the county where the ward is found, meaning where the ward is located, not necessarily where the ward resides. The document filed with the court is called a Petition, and it is submitted to the court or filed by the individual that is requesting to be appointed as a Guardian and/or Conservator for another adult.

The Probate Court will determine if a Guardian and/or Conservator should be appointed and, if needed, the most appropriate individual to serve in that capacity. To aid the court in its decision, an evaluation of the proposed ward is conducted by either a physician, a psychologist, or a licensed clinical social worker appointed by the court. The evaluator meets with the proposed ward and then submits a written evaluation to the court. The evaluator reports findings and provides an opinion as to whether a Guardian/Conservator is warranted.

During the Guardianship process the proposed ward is entitled to be represented by an attorney. If the proposed ward does not notify the court that an attorney has been obtained, the court will appoint one to represent the wishes of the ward. The court also has discretion to appoint a Guardian Ad Litem if it deems it necessary. A Guardian Ad Litem is charged with the responsibility of advocating for the best interests of the proposed ward. Essentially, a Guardian Ad Litem acts as the “eyes and ears” of the court. In some Guardianship cases the wishes of the proposed ward are not always the same as what is in the ward’s best interests.

In some situations, the need for a Guardian is obvious. For example, if an individual is in a coma as a result of an accident and has not named an individual as his or her health care agent in a health care directive, the finding of a need for a Guardian is straightforward. In other situations, where a proposed ward suffers from mental illness or a degenerative brain disease, the determination is more difficult. An individual’s mental state can vary from day to day or depend upon whether or not the individual is taking prescribed medications. These types of cases can be a bit more challenging. In any situation, the court will strive to order the least restrictive controls on the proposed ward. In other words, the court will want to allow the proposed ward to retain as many rights as possible while ensuring that the proposed ward’s physical and financial needs are being met.

Continued in our next edition: Adult Guardianship 101 - Part II: What happens in the courtroom?

By Christina G. Fraté, Esq.
of The Law Firm of Robert P. Copeland, P.C.
770-937-9444
www.copelandelderlaw.com

Ms. Fraté is an Elder Law and Estate Planning Attorney at the Law Firm of Robert P. Copeland, P.C. in Marietta, Georgia. She is a graduate of Syracuse University College of Law and is admitted to practice law in New York and Georgia. She has been practicing law for 14 years.
The Alzheimer’s Association, Georgia Chapter will be holding an Early Stage Alzheimer’s Town Hall Meeting in April.

This will be an opportunity for people with early stage Alzheimer’s disease or a memory disorder to share their thoughts about diagnosis, treatments, coping, legal issues and research.

For information call 404-728-1181

2007 is almost over and that means so is Memory Walk season in Georgia. Soon we’ll be gearing up for Memory Walk 2008!

Thanks to you, the Georgia Chapter is making great strides in Memory Walk. Every year gets bigger and better!

Check out the next quarterly newsletter for a complete wrap-up of Memory Walk 2007 in Georgia.
Abigail Joyce Green of Dalton. Abby is the 9-month-old granddaughter of Sharon Apodaca, Memory Walk team captain for Wood Dale Memory Care Health and Housing. Abby’s grandpa, Gordon eastwood, was a pilot for 2007. Abby is one of our many ambassadors. She is held by fellow ambassador Alusha Zanfardino.

“A Class Act” Dance studio of Savannah. They had a Memory Walk team and raised money for the event.

The Bulloch Academy Cheerleaders led the warm up before Statesboro’s Memory Walk began.

Derek Kauhune of Savannah served barbecue at Memory Walk. He has been volunteering at Memory Walk several years and is always a great help!
The Southeast Whitfield High School Raiders cheerleaders pumped up Memory Walk-ers in Dalton.

4-year-old Ty Blackwell of Dalton helped make this year’s Golden Foot Award. The award is given by the North Georgia regional office each year to the long-term care facility raising the most money for Memory Walk.

The first Cotton Pickin’ Pageant to benefit the Alzheimer’s Association was held in Sumner in late October. This unique pageant was the brainchild of Tina Paulk, of Sylvester, and was dedicated to the memory of Mr. Theron Clements, Paulk’s father who had Alzheimer’s disease.

The pageant was open to “kids” of all ages and had contestants from age 0 to 24+. There were about 25 contestants. Each contestant received a copy of the Maria Shriver book, What’s Happening to Grandpa?

Tina Paulk’s personal experience with Alzheimer’s inspired her to share her story and inspire others in her community. The mother of a 2-year-old contestant wrote Tina, saying “The crowns and the Queens’ gift bags were AWESOME!!! But I must say that the one thing that blew us away was the was the book Emily received in her bag! Not aware of what the book was about I had to pronounce the word Alzheimer’s for her. As she read the book to me I was overwhelmed at the lesson we both took home from the pageant I began to cry!”

Tina continued, “Not only did we take some gorgeous stuff home but an educational lesson as well as the compassion we now have for all those who have families or know someone with this terrible disease! Ms. Tina you are awesome and we love you!!! Thanks again for the opportunity and the awareness that you have shown us about the Alzheimer’s disease and of being able to represent you and this organization!”

The Cotton Pickin’ Pageant’s name is unusual but is significant. In the late stages of this fight with Alzheimer’s, Mr. Clements believed he was picking cotton, he had the mules in place and he even fused at his daughters for not picking fast enough before the rains came. That is how they chose the name “Cotton Pickin’ Pageant.”

Mr. Clements daughter wanted to honor her Dad and at the same time raise awareness about Alzheimer’s disease. The first-time pageant was a success, raising money and much-needed awareness for the Alzheimer’s Association.
Is your family member, friend, or spouse that is homebound or in a long-term care facility unable to receive regular professional dental or dental hygiene care? Do they only receive emergency care or are they on a waiting list to receive care? Is it difficult to transport your loved ones to the many excellent dental practices across the state of Georgia? If your answer to these questions is YES, read on to find out how you can be part of the solution.

As you are aware, gum disease resulting from lack of professional care and daily plaque removal can lead to serious health complications. These complications include life-threatening conditions such as stroke, heart attack, respiratory infections (pneumonia) and diabetic complications.

This problem could be greatly reduced by permitting dental hygienists to provide preventive services to patients under the “general supervision” of a dentist in alternative settings. Current Georgia law (direct supervision) requires the physical presence of a dentist when a dental hygienist performs basic routine oral health care procedures. General supervision does not require the authorizing dentist to be present. The direct supervision requirement is costly and limits the access of the elderly and others with disabilities to basic, necessary oral healthcare.

The Coalition of Advocates for Georgia’s Elderly (CO-AGE) is supporting a bill that will be considered in the legislature in January 2008. You can contact your state representative and Senator and tell them you support this solution to the crisis of our loved ones in Georgia. If the current law is changed, dental teams will be able to begin making a real impact on the oral health of special needs patients.

The proposed legislation will allow dental hygienists to be authorized by dentists to provide professional dental hygiene services to the aging, special needs and developmentally disabled adults in alternative healthcare settings approved by the Georgia Board of Dentistry. These services will include dental hygiene procedures and will also identify patients who need the specialized services of dentists. It will also allow for more dental health education for patients and caregivers.

To share your personal stories about any “Access to Preventive Oral Health Care” issues at pam@softsmiles.net or by mail at 3000 Canton Hills Drive, Marietta, GA 30062.

Go to GCOA/CO-AGE to find out how to contact your legislator and learn more about issues that may concern you http://www.gcoa.org/priorities.htm
On November 1, the Alzheimer's Association Safe Return program introduced a new alliance with MedicAlert® to bring you MedicAlert® + Alzheimer's Association Safe Return®. The program was created for people with Alzheimer's disease and related dementia who may wander or become lost. MedicAlert is well-known for its identification jewelry for people who have all types of medical conditions. Under the new partnership, MedicAlert will maintain and provide life-saving, detailed medical histories for all of its members. In an event that a person becomes lost or is found, MedicAlert + Safe Return will provide first responders with information such as drug allergies, medications or any illnesses the missing or found person may have. The new program serves two purposes; it provides emergency medical information and assists in an event of a wandering incident. “The new partnership will only enhance the wonderful program we already have by providing important medical information on the individual who may become lost. This will enhance our ability to return the person safely to their loved ones,” said Ginny Helms, vice president of Programs and Services for the Alzheimer's Association, Georgia Chapter. All of the other features of the Safe Return program will stay the same.

If you are interested in enrolling your loved one in the MedicAlert + Safe Return program, you can call your local Alzheimer's Association chapter office, enroll online or call the toll free MedicAlert + Safe Return number at 888-572-8566. Once you have enrolled your loved one you will receive a caregiver follow-up packet, which contains information on what to do if someone is missing, how to prevent a wandering incident and how to prepare for possible wandering incidents. Enrollees will also receive a missing person profile, a wanderer checklist, 10 tips to reduce wandering and a police tip sheet. You will also receive MedicAlert + Safe Return jewelry. In the event that your loved one wanders or becomes lost, MedicAlert + Safe Return will work with local law enforcement and the family to help get the person home safely. With the new alliance of MedicAlert + Safe Return there are many resources available before, during and after an incident. It is not uncommon for a wanderer to require medical attention following an incident and this newly added benefit to the Safe Return program will allow just that. “We are very excited to offer this enhanced level of care to Georgia’s families affected by Alzheimer’s disease,” said Helms.

If you are already enrolled in the Safe Return program you have two choices at this time; you can create a personal health record with MedicAlert + Safe Return by calling 1-888-572-8566, or you have the option of making no changes at all. Whatever your choice, the program will react the same and you will still receive support from the Alzheimer's Association in any wandering incident. You may also choose to keep your current jewelry or purchase new jewelry from MedicAlert + Safe Return for $15. Your loved one’s current identification number will stay the same even if you do decide to order new jewelry. Another benefit to the program is that you can update the medical information over the telephone or 24 hours a day online. This alliance will allow the Alzheimer's Association to increase enrollment in the program by enhancing outreach, awareness and the services provided.

For more information on MedicAlert® + Alzheimer's Association Safe Return®, please contact Kim Franklin at 1-800-272-3900 or 404-728-6064.

November was both National Alzheimer’s Disease Awareness Month and National Family Caregivers Month. This year, the Alzheimer’s Association introduced CareSource™, an easy-to-use, one-stop resource for everything you need to know about finding and planning for care for a person with Alzheimer’s.

CareSource’s new online services will help coordinate assistance from family and friends, locate senior housing and receive customized care recommendations.

Lotsa Helping Hands — This interactive calendar allows anyone involved in care or support to log onto one convenient, private site and organize caregiving activities. It’s easy to post dates and times for duties others have agreed to share, such as preparing meals, providing rides, running errands or keeping the person with dementia company.

Alzheimer’s Association Senior Housing Finder SM — Powered by SNAPforSeniors®, the Senior Housing Finder is the first online nationwide database for locating dementia care. The tool allows you to search for licensed senior housing by geographic area, housing type, availability and level of dementia care offered.

Alzheimer’s Association CareFinder™ helps you identify dementia care options to best meet an individual’s needs and preferences. CareFinder helps you recognize good care, communicate effectively with care providers and learn about care payment sources.

Other resources include message boards for sharing with others who face similar challenges and links to programs for improving caregiver skills.

You can find CareSource resources at www.alz.org/CareSource. For more information, call the Alzheimer’s Association at 1.800.272.3900.

By Kim Franklin, Safe Return Manager

Alzheimer’s Association Georgia Chapter 11
The Alzheimer’s Association, Georgia Chapter held its annual dinner, Celebrating Champions, in November. The annual dinner is the chapter’s opportunity to thank some of our many champions—people who give tirelessly of themselves to help advance our mission.

Each year at the annual dinner the association presents the Horizon Award to outstanding volunteers from each region. Horizon Award winners are some of the state’s brightest stars and some of the most outspoken advocates in the fight against Alzheimer’s disease.

To honor our Georgia champions, three-time Olympic gold medalist and champion swimmer, Rowdy Gaines, presented the awards and spoke about what it takes to be a
The Alzheimer's Association, Georgia Chapter has many champions throughout the state—without you as our champions, we would not be able to reach out to so many of our fellow Georgians. So to you all, we say thank you.

The association is proud to announce the 2007 Horizon Award winners:
- Charlie Gearing (Metro Atlanta)
- Bob Greene (Central Georgia)
- Jimmy Hall (Central Georgia)
- Jennifer Kelley (Lower Chattahoochee Valley)
- Dr. Shirley Poduslo (East Central Georgia)
- Alan Robertson (Coastal Georgia)
- Betty Sawyer (Southwest Georgia)
- Naomi Swanson (North Georgia)
**Upcoming Programs and Events**

**JANUARY 28, 2018**

**JANUARY 8, 2018**

**Lunch & Learn for the Alzheimer's Caregiver**
Clinical Diagnosis Dementias
Dr. Suzanne Smith, Medical College of Georgia
Non-Professionals and Professionals
Alumni Center, Medical College of Georgia, Walton Way, Augusta
Tuesday, January 8, 2018 • 12:00pm-1:00pm • Free
(Lunch provided • Contact: Dr. Shirley Poduslo  706-721-9609)

**JANUARY 14, 2018**

**iConnections with Art**
Morris Museum of Art, 1 Tenth Street, Augusta
Monday, January 14, 2018 • 10:00am-12:00pm • Free
Contact: Sarah Alexander to register by January 7th at 706-828-9867

**JANUARY 23, 2018**

**2018 Alzheimer’s Update: Medical Interventions and Caregiver Support Conference**
January 23, 2018 • 8:30am-4:30pm
Atlanta Marriott Century Center
For more information or to register call Melany Sattler at 404-728-1181

**JANUARY 26, 2018**

**WTVM & Public Health: Health & Fitness Expo**
Alzheimer’s Association, Columbus office will be participating 9am-2pm • Columbus Convention and Trade Center

**JANUARY 29, 2018**

**Alzheimer’s Association Caregiver Series**
Non Professional and Professional
Jud C. Hickey Day Center for Alzheimer’s Care, 1901 Central Avenue, Augusta • Tuesday, January 29, 2018 • 4:30pm-5:30pm • Free
Contact: Kathy Tuckey 706-731-9600

**FEBRUARY 28, 2018**

**FEBRUARY 12, 2018**

**Lunch & Learn for the Alzheimer’s Caregiver**
Caregiver Behaviors
Non Professionals and Professionals
Alumni Center, Medical College of Georgia, Walton Way, Augusta
Tuesday, February 12, 2018 • 12:00pm-1:00pm • Free (Lunch provided)
Contact: Dr. Shirley Poduslo 706-721-9609

**FEBRUARY 26, 2018**

**Alzheimer’s Association Caregiver Series**
Non-Professional and Professional
Jud C. Hickey Day Center for Alzheimer’s Care, 1901 Central Avenue, Augusta • Tuesday, February 26, 2018 • 4:30pm-5:30pm • Free
Contact: Kathy Tuckey 706-731-9600

**MARCH 28, 2018**

**MARCH 8, 2018**

**9th Annual Education Symposium**
Presenters: Virginia Bell and Teepah Snow
Gordon Club, Fort Gordon
Saturday, March 8, 2018 • 9:00am-4:00pm
Cost: $25.00 or $45.00 for professionals continuing education units
Contact: Kathy Tuckey 706-731-9600

**MARCH 10, 2018**

**iConnections with Art**
Morris Museum of Art, 1 Tenth Street, Augusta
Monday, March 10, 2018 • 10:00am-12:00pm • Free
Contact: Sarah Alexander to register by January 7th at 706-828-9867

**MARCH 11, 2018**

**Lunch & Learn for the Alzheimer’s Caregiver**
Legal Needs • Russell Mobley, Esq.
Non Professionals and Professionals
Alumni Center, Medical College of Georgia, Walton Way, Augusta
Tuesday, March 11, 2018 • 12:00pm-1:00pm • Free (Lunch provided)
Contact: Dr. Shirley Poduslo 706-721-9609

**MARCH 25, 2018**

**Alzheimer’s Association Caregiver Series**
Non Professional and Professional
Jud C. Hickey Day Center for Alzheimer’s Care, 1901 Central Avenue, Augusta
Tuesday, March 25, 2018 • 4:30pm-5:30pm • Free
Contact: Kathy Tuckey 706-731-9600

**MARCH 28, 2018**

**An Evening of Chance**
7:00 p.m.
The Farm, Rocky Face, GA • Tickets $65 in advance, $75 at the door.
Live Auction • 706-275-8199 to reserve tickets

14 Alzheimer’s Association Georgia Chapter
Please join us for the 2008 Alzheimer’s Update: Medical Interventions and Caregiver Support Conference. Keynote speaker for the conference is Stephen Post, Ph.D., Professor and Associate Director for Educational Programs, Center for Biomedical Ethics, School of Medicine, Case Western Reserve University. Dr. Post also serves as a Senior Research Scholar in the Becket Institute at St. Hugh’s College, Oxford University. Author of the recently published, *Why Good Things Happen to Good People.*

Some of the brightest names in Alzheimer’s research and care will also be speaking:

- **James Lah**, M.D., Ph.D., Professor of Neurology, Emory University
- **Allan Levey**, M.D., Ph.D. Professor and Chair of Neurology Director, Emory Center for Neurodegenerative Disease and Alzheimer’s Disease Center Director, M.D./Ph.D. Training Program, Emory University
- **Rhonda Montgomery**, Ph.D., Professor and Endowed Chair of Applied Gerontology, Helen Bader School of Social Welfare, University of Wisconsin
- **Dorothy Seman**, RN, MS Coordinator, Home and Community Based Care Programs, Jesse Brown VA Medical Center and Co-Author of *Rethinking Alzheimer’s Care* Dorothy Seman, R.N., M.S., N.H.A., has been active in the health care field for more than 30 years. Ms. Seman has been Clinical Coordinator of the Alzheimer’s Family Care Center, an award-winning dementia-specific adult day center in Chicago, since 1989. She works for the center through the VA Chicago Health Care System.

“This day-long conference is a way for professionals and families to get good, current and practical information about care giving. The conference is also a great way for families to feel connected to, and supported by, other caregivers,” said Melany Sattler, director of Education for the Alzheimer's Association, Georgia Chapter. For information call Melany Sattler at (404) 728-1181 or to register call Mia Chester at (404) 728-6050,

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**Session Topics in Brief**

**Joint sessions:**
- Research Update
- Can Early Diagnosis Lead to Prevention?
- Alzheimer’s from a Primary Care Perspective

**Keynote:**
- Why Good things Happen to Good People

**Sessions for professionals:**
- Offering the Right Service at the Right Time
- Providing Care with Dignity

**Sessions for families:**
- Dignity in Day to Day Care
- Caregiver Identity Change:
  - Exploring the Caregiver Journey
- Participants pick one of these sessions to end their day:
  - What about Driving?
  - When Is It Time to Say When? A Frank Discussion of the Right Time to Seek Placement
Lunch and Learn Series for Caregivers continues...

Dr. Shirley Poduslo continues to coordinate the Lunch and Learn Series at the Medical College of Georgia the second Tuesday of each month. The Fall series began with Dr. Suzanne Smith presenting “Clinical Diagnosis and Treatment” in September; Russell Mobley, attorney spoke on “Wills and Power of Attorney” in October; Dr. Shirley Poduslo discussed “Research” in November and Kathy Tuckey spoke on Communication in December. Attendance at the Lunch and Learns continues to increase. The Winter series is planned with a variety of topics. The Lunch and Learn series is sponsored by the DNA Bank and Alzheimer’s Research at Medical College of Georgia, the Memory Disorder Clinic of the Medical College of Georgia and the Alzheimer’s Association, East Central Georgia Region.

Volunteer Caregiver Awarded

Pat Niemann of Washington, GA, Wilkes County Alzheimer’s Association support group leader was awarded the Volunteer Caregiver of the Year Award by the CSRA CareNet and the Rosalyn Carter Institute Regional Award. Pat was recognized at the Caregiver Luncheon held at the Julian Smith Casino in Augusta. Congratulations, Pat and thank you for all that you do to support the Alzheimer’s Association and the support you have provided to so many family caregivers.

SOUTHWEST GEORGIA (Albany)

Regional Office Phone Number: 229.888.7676

Rib cookoff

A rib cook off to benefit the Alzheimer’s Association was held on Nov. 10th at Lake Dogs in Lake Park, Georgia. Linda Hogan, owner of Lake Dogs, did a fantastic job organizing the event. Several bands played throughout the day and 14 rib cook off teams came dressed and ready to show off their cooking skills. Each team not only cooked ribs for the judges, but also for the live auction that was held during the day. They also sold ribs at their tents, with all the proceeds going to the Alzheimer’s Association. Not only did the event raise about $8,000 but it also raised much needed awareness for Alzheimer’s disease and was covered by the local CBS television affiliate.

The winning team was “The Rib Doctors.” The team raising the most money at their tent was “The Boob Team.” JTeam won best tent (judged for theme and decoration). Their theme was “The Flintstones.”

COASTAL GEORGIA (Savannah)

Regional Office Phone Number: 912.920.2231

First Annual Statesboro Memory Walk

The Alzheimer’s Association, Georgia Chapter’s Coastal Georgia regional office held the very first Statesboro Memory Walk at Bulloch Academy on October 27th. Over 70 volunteers and participants joined the effort to help make Alzheimer’s disease just a memory by walking to end Alzheimer’s. Families, friends and local businesses helped generate $5390 for the Alzheimer’s Association’s programs and services offered to caregivers and individuals affected by this terrible disease in the Coastal Georgia region. For more information on Alzheimer’s disease or to make a donation, call 1-800-272-3900 or visit www.alz.org/georgia.

Continued on next page
COASTAL GEORGIA (Savannah) Continued

Savannah Memory Walk Festival 2007
The Coastal Georgia regional office held the sixth annual Memory Walk Festival on September 27 in historic downtown’s Johnson Square. Over 320 registered participants walked in the event. The event has grown each year with large numbers of volunteers and guests enjoying the festivities. We would like to thank all of the volunteers, participants, sponsors, and donors for helping make this year’s event a success by raising over $111,000. These funds directly support the programs and services offered in our community.

Ladies Nine Hole Charity Golf Tournament
The Coastal Georgia regional board and staff express their deepest thanks to the Ladies Nine Holers Golf Club for donating the proceeds from their annual charity golf tournament to the Alzheimer’s Association. The ladies raised $8,422. A special thanks to Anne Robertson and Nancy Strobel, and Loretta Mitchell for all of their hard work and effort to produce a fun and successful event for all.

Volunteer Appreciation Dinner
Guests enjoyed an evening of fellowship and fun. We thank all of our Memory Walk Festival volunteers for their tireless work and dedication to the Alzheimer’s Association. It would not be possible without you!

LOWER CHATTAHOOCHEE VALLEY (Columbus)

Columbus office moves
The Lower Chattahoochee Valley regional office in Columbus recently moved into a new office at 5900 River Road in Columbus. The larger office is located in a beautiful area with easy access to major roads and has ample parking. Christina Vogler, Development director and Rhonda Green, Programs director are excited about being able to better serve their region from this new location. “We are so excited to move into our new offices. We have more room to serve our families and the location is easy to navigate. Being in the new office will help enhance our ability to reach out and serve the people of central Georgia,” said Green. They held an Open House on December 6th so members of their community could stop by to see the new office, meet the new staff and learn more about the programs, services, fundraising and volunteer opportunities the association offers.

Columbus Memory Walk
The Alzheimer’s Association, Georgia Chapter held its 2007 Columbus Memory Walk on October 20 and nearly 400 people participated, raising over $52,000.

Purple balloon launch during Opening Ceremonies

Alz. Assoc. board member Scott Wilson with Sunny 100/ Rooster 106 Ed Bostick and NBC38 Miller Robson, speaks to the crowd during Opening Ceremonies. Scott’s mother suffers from Alzheimer’s disease.

Sue Ginter, Bonnie Franco, Christina Vogler, Regional Alzheimer’s Association Director, and Emily Rosher, volunteer.
Latin American Health Fair

The Alzheimer's Association's Northwest Georgia regional office participated in a Latin American Health Fair in October at the Northwest Georgia Trade & Convention Center. The Latin American Community Alliance presented the community fair and President Norberto Keyes invited the Dalton office to participate. It was a great opportunity for awareness in the rapidly-growing Hispanic population.

Happy 25th Anniversary

November is recognized nationwide as Alzheimer's awareness month. November also marked the 25th anniversary of the association established in Dalton, Georgia.

Recently Ruth Lamb, a founding member of what was previously known as the Northwest Georgia Chapter of the Alzheimer's Association, shared some history and hugs with co-founders Ann Lindsay Kelley, Virginia Drennon Simonson, and Aurelie Steve. Rhetha McKnight, now deceased, was also a founder. The group gathered at the Alzheimer's Association office in Dalton in celebration of the 25th anniversary, volunteer appreciation reception, memory tree trimming and candle lighting ceremony.

In 1982 Ruth, her husband Bob, who is now deceased, and the other founding members decided to fight the disease that was attacking their loved ones and friends by educating themselves and anyone who would listen. They worked tirelessly to get the word out. Several caregivers, having received a diagnosis of Alzheimer's disease within their families, found that very little information on the disease was available, even from their family physicians. During the summer of 1982, members from five families met with David Boyle in the Geriatrics Department of Georgia Highlands Center. A public information night was to be held at the Dalton Regional Library in recognition of National Alzheimer's disease week in November. An astounding 64 people attended and a family support group grew out of this meeting. In 1983 a Steering Committee was organized and in 1985 a Board of Directors prepared for affiliation with the National Alzheimer's Disease and Related Disorders Association in Chicago. In 1988 the Affiliate became a Chapter of the national organization. During this time the services had grown to include a two-day daycare program for two-hour segments by contract with Georgia Highlands Center. Support Groups continued along with the Helpline to give information and referrals. A Speaker's Bureau and workshops were giving information to the public. In 1988 the Dalton area chapter merged with the Rome area to form the Northwest Georgia Chapter with a territory of 16 counties.

Ruth recalls that some of the earliest support groups were held in parking lots with Alzheimer's materials distributed from the trunk of the car. There was no money for office space, yet the need was great and so was the determination to help those in need. The group would pass around a basket to collect money for postage for mailings, remembers Virginia Drennon Simonson.

While the local office has moved several times it has always remained in Dalton. The staff of 3 now serves 21 counties across north Georgia and still relies heavily on the support of volunteers to carry out the many duties and tasks needed to meet the need of those receiving programs and services.

“From a seed planted by a few family members, nurtured by David Boyle, Geriatric Coordinator, Georgia Highlands Center, others at North Georgia Area Planning and Development Commission Office on Aging, Hamilton Medical Center, various other healthcare professionals and concerned citizens of the community, a dream has become a reality. Mostly, it has been ever so many family members in this area desperately seeking and sharing information that spurred the interest of others to become dedicated to developing knowledge of the disease and care of the patient,” Lamb said. “During this special month of November, we have much for which to be thankful and we look forward to the continued support of all so that together, we can conquer this disease,” she added.

For more information on the Alzheimer's Association Georgia Chapter please call 1-800-272-3900.
Ease Holiday Stress for People with Dementia

The holidays are stressful for many but more so for people with dementia, including Alzheimer’s. Dr. Daniel Sewell, director of the Senior Behavioral Health Unit at the University of California – San Diego Medical Center, offered YubaNet some tips to make the holidays more enjoyable for the memory-impaired, their families and caregivers.

- Plan ahead.
- Avoid overstimulation by limiting activities or setting a time limit.
- Assign a “buddy” to watch out for the person and ensure his or her comfort.
- Remember to give medications at the usual times.
- Set aside a quiet place for the person to take a break.
- Schedule naps, especially if the person usually takes one.
- Don’t serve alcohol (or limit, if possible), to avoid inappropriate behavior or interaction.
- In places familiar to the person, don’t rearrange furniture but do remove throw rugs that.
- Avoid embarrassing or shaming criticism.

For example, when someone forgets a recent conversation, avoid saying, “Don’t you remember?”

- Find a simple task, such as greasing cooking pans, that will help the person contribute to the festivities.
- Involve everyone in reminiscing. It exposes younger guests to family history and validates the perspective of the memory-impaired.
- When traveling, allow extra time to avoid the stress of rushing. Arrange for services, such as wheelchairs, well ahead of time.

Welcome

NEW STAFF MEMBERS

CHET NASH  Chet Nash joins the Alzheimer’s Association, Georgia Chapter as Administrative Services Manager. He holds a Computer Science degree from Louisiana State University and has more than 15 years of experience in systems, LAN, data and information technology management.

Chet comes to the association from suburban Dallas, Texas where he was an information technologies consultant for both business and personal clients. He has experience in both the business and nonprofit communities and is excited to be a part of the Alzheimer’s Association team. Chet says he’s excited to get back to working for a nonprofit, especially the Alzheimer’s Association. “Several people in my family have Alzheimer’s and I am so excited to be supporting the mission of the association. It’s nice that the work I do supports the work the organization is doing; it’s a great organization to be part of,” he said.

RHONDA GREEN  For the last six years Rhonda worked for New Horizons Community Service Board and Volunteers of America, where she was school liaison, Social Service Tech III and prevention coordinator for The Millennium Center Program, residential long-term rehabilitation center for families in GA. She was also director of First Steps Child Development Center.

Prior to that Rhonda worked for Middle Flint Council on Aging.

Rhonda loves football and does a lot of community service work. She is the vice-chair of Family Connections and works with the Adult Leadership Program, Prevent Child Abuse Georgia. She is also the vice-chair of the North Pataula Judicial Circuit for Domestic Violence.

Rhonda says her years of involvement with community volunteerism prepared her for her work with the Alzheimer’s Association. “Working with families and awareness is my passion and I see where this Association can make such a difference in our communities. I want to be apart of a meaningful cause and I feel I have finally found that,” Rhonda said.

KATHY SIMPSON  Kathy Simpson is not really new to the Alzheimer’s Association, Georgia Chapter—she spent years volunteering for the association prior to becoming our Volunteer Manager.

Kathy holds a Bachelor of Science degree in Recreation from Georgia Southern University, as well as completion certificates from the National Revenue Resource Management School and the National Therapeutic Recreation Management School.

Kathy began working with seniors more than 30 years ago; she developed therapeutic recreation programs for seniors and people with disabilities for the Cobb County Parks, Recreation and Cultural Affairs Department. Kathy worked her way up to director of the department and served three years in that position. While working for the department, Kathy’s mother was diagnosed with dementia, and later with Alzheimer’s.

Being a full-time Cobb County government employee and a full-time caregiver kept Kathy busy, but she still found time to volunteer. Shortly after her mother’s death in 2001, Kathy began celebrating her mom’s life by walking in Memory Walk. Kathy has been a major moving force in the success of Memory Walk and has volunteered in many capacities. She has even been the chairperson for several metro Atlanta Memory Walks.

The Alzheimer’s Association is pleased to announce Kathy Simpson as Volunteer Manager for the Atlanta regional office.
**Family Support Group Meetings**

### TELEPHONE SUPPORT GROUP

The Caring Connection, a free telephone support group, is held three times each month for caregivers who either may live in an area not currently served, or may have difficulty getting out to a support group. For information about the days and times of the meetings, please contact Suzette Binford at the Atlanta office at 404.728.1181.

### EARLY MEMORY LOSS SUPPORT GROUP

The Alzheimer's Association, Georgia Chapter and the Emory Alzheimer's Disease Center at Wesley Woods co-sponsor an Early Memory Loss Support Group for persons who have been diagnosed with mild memory impairment. This group is for both the family caregiver and the person diagnosed with mild memory loss. For additional information, please contact Sarah Caron at the Atlanta office at 404.728.1181.

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**Baldwin**

**Milledgeville**

4th Tuesday, 10:00 AM
First Baptist Church, Agape Room
(Corner of Franklin & Liberty Streets)
Milledgeville, GA 31061
Susan Smith, 478-453-1374

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**Barrow**

**Winder**

4th Monday, 6:00 PM
Barrow Regional Medical Center
316 North Broad St.
Winder, GA 30680
Eve Anthony, 706-549-7301 or 706-548-6476
Care available during meeting

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**Bartow**

**Cartersville**

1st Monday, 6:00 PM
Cartersville Medical Center
960 Joe Frank Harris Pkwy
Cartersville, GA 30121
Peyton Anderson, 770-229-3400

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**Bibb**

**Macon**

2nd Wednesday, 10:00 AM
Carlyle Place, Stafford Suites Activity Room
5300 Zebulon Road
Macon, GA 31210
Miriam Hunter or Melanie Lewis
478-405-4542

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**Chatham**

**Savannah**

1st Monday, 10:00 AM
Skidaway Island UMC — R.M. 111
54 Island Causeway
Savannah, GA 31411
For Directions: 706-539-8460
Martha Ray: 706-489-0062

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**Burke**

**Waynesboro**

2nd Monday, 1:30 PM
Statesboro First United Methodist Church
316 North Broad St.
Waynesboro, GA 30480

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**Butts**

**Jackson**

2nd Tuesday, 7:00 PM
St. Mary's Catholic Church
135 Hoyt St.
Jackson, GA 30233
Perry Sandifer or Martha Dennis: 770-229-3042

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**Camden**

**St. Mary's**

4th Thursday, 6:30 PM
St. Mary's Public Library
100 Herb Bauer Dr.
St. Mary's, GA 31558
Jenny House: 700-722-3900

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**Carroll**

**Carrolton**

1st Tuesday, 10:00 AM & 5:30 PM
Oak Mountain Village
921 Old Newnan Road
Carrolton, GA 30116
Lisa Denning: 770-832-9010

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**Catoosa/Walker**

**Ft. Oglethorpe**

5th Tuesday, 11:30 AM
Patterson Place Community Room
#1 Patterson Place
Ft. Oglethorpe, GA 30742
Kelli Hatless
For Directions: 706-866-3303
Information: 800-227-3900
Light lunch offered

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**Chatham**

**Savannah**

1st Monday, 10:30 AM
Skidaway Island UMC — R.M. 111
54 Island Causeway
Savannah, GA 31411
For Directions: 706-539-8460
Martha Ray: 706-489-0062

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**Chattahoochee**

**Trion**

2nd Thursday, 6:00 PM
St. Barnabas Episcopal Church
288 Central Ave.
Trion, GA 30753
Cheryl Adams: 700-227-3900

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**Cherokee**

**Canton**

2nd Thursday, 7:00 PM
Cameron Half Ass’d Living Center
241 Marietta Highway
Canton, GA 30114
Teenie Klug: 770-720-0290

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**Cobb**

**Kennesaw**

2nd Tuesday, 6:00 PM
The Oaks at Woodstock
756 Neese Road
Woodstock, GA 30188
Olene Darby: 770-345-5312

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**Clare**

**Athens**

2nd Wednesday, 6:00 PM
Arbor Terrace of Athens
3736 Atlanta Highway
Athens, GA 30606
Mary Smith: 706-353-0400

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**Colquitt**

**Moultrie**

2nd Thursday, Noon
Colquitt County Library
205 4th St. S.E.
Moultrie, GA 31774
Gladys Grier: 229-873-1469
Kay Williams: 229-324-2345

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**Columbus**

**Evans**

3rd Tuesday, 6:00 PM
Morningide Assisted Living
553 North Belair Road
Evans, GA 30809
Brandon Wilde: 700-228-4709

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**Columbia**

**Evans**

3rd Tuesday, 6:00 PM
University Extended Care/Westwood
561 University Drive
Evans, GA 30809
Debbie Alwin: 700-863-7514

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20 Alzheimer’s Association Georgia Chapter
Alzheimer's Association Georgia Chapter 21
Keith Urban, Georgia native Monty Powell (left), artist Matt Jenkins and jazz singer Anna Wilson played *better start livin’*, a benefit for the Alzheimer’s Association, Georgia Chapter on November 28th at Atlanta’s Cobb Energy Performing Arts Centre. Watch your mailbox for photos and a complete recap of this AMAZING event in the Spring newsletter.
We extend our heartfelt thanks to Amedisys for partnering with the Alzheimer’s Association, Georgia Chapter as a Statewide Memory Walk Sponsor. Connie Anderson, Director of Operations for Coosa Valley Home Health, an Amedisys company, served as Team Recruitment Chair for the Coosa Valley Walk. The Walk exceeded its goal of $55,000, proving that when management and staff team together great things happen for all involved. Thank you Amedisys for believing in and supporting the mission of the Alzheimer’s Association, Georgia Chapter.

Connections with Art
Join the Morris Museum of Art for a specially designed experience for individuals with Alzheimer’s disease or related dementia, and their caregivers. Presented bimonthly, this free program includes an exhibition tour with a trained docent and an art project. Scheduled during nonpublic hours, Connections affords participants a relaxing, nonthreatening museum experience.

Upcoming 2008 dates:
- January 14: Registration required by January 7
- March 10: Registration required by March 3
- May 12: Registration required by May 5
- July 14: Registration required by July 7

• Advance registration is required; no walk-ins please.
• Connections is free and open to individual families and assisted living communities.
• Caregivers must accompany participants during the program.

To register, contact Sarah Alexander at 706-828-3867 or sarah.alexander@themorris.org

For more information regarding the program, contact Michelle Schulte at 706-828-3865 or michelle.schulte@themorris.org

The Morris Museum of Art is located in Augusta, Georgia, on the Riverwalk.

Our printing and postage costs continue to rise. Please let us know if you receive more than one copy of this newsletter or if you no longer wish to receive a copy.